



IMPACT OF SOCIAL MEDIA ON PSYCHOSOCIAL BEHAVIOUR

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ABSTRACT

Background: Addiction to social media is harmful to student's health. They frequently check their Facebook, Whatsapp and Instagram. This habit of checking social accounts frequently can damage mental health. The main aim of this study was to examine the effect of social media on the psychosocial behavior and academic performance of adolescent students.

Methodology: Two research hypotheses were formulated for the study, and 200 adolescent students were randomly selected for the study. Researcher-made validated questionnaire and academic performance test in the Marathi Language were used for data collection. Collected data was analyzed using descriptive statistics of mean and standard deviation.

Conclusion: The research found that the use of social media affects the psychosocial behavior of adolescent students as they spend a lot of time on internet networking and become psychologically addicted, resulting in less attention and negative effects on other activities and aspects of their lives.

INTRODUCTION

Forgetting about real life issues while using social media, realizing that your social media usage is too high, but not reducing it, not being able to use social media, getting restless, distracted from work. Constantly being on social media can affect relationships, work and studies. Social media has started to lead us to a state where mental health is at risk. The number of people who depend on social media is increasing day by day. More time is spent thinking about social media than is spent on social media. Its effect has started to be felt on the work, study and behavior of users of all ages.

Although the world has come closer due to social media, but due to its excessive use, human-to-human communication is getting lost. Therefore, we are seeing the picture of the near going away. With few exceptions, most people, from children to youth and seniors, are getting lost in social media. This addiction is increasing day by day especially among the youth. Due to this, their mental and physical health is in danger.

Social media is a great medium of expression, but kids who are stuck in the world of likes, comments, shares are getting trapped in depression. The percentage of youth is more in it. There is an excess of expression on this forum through photos, posts, thoughts etc. If no one reacts to it, many people get disappointed. Those who are addicted to 1.5 to unlimited GB get upset if for some reason they don't get internet connectivity. Lately there has been an increase in the excessive use of social media among minors and even seniors. Due to this, depression and mental illness are increasing in them too.

With some exceptions, it is necessary to remove those who are addicted to social media and internet from this world. Otherwise

their behavior is likely to be greatly affected. Therefore, the main objectives of this research are to study the effects of social media on the behavior and academic performance of adolescent students.

REVIEW OF LITERATURE

This is supported by a study that shows that the more time spent on Facebook, the more students neglect their homework. Facebook has negatively affected students' performance (Abu – Shanab E 2018). The most used social networking site was Facebook so very few students use the site for academic progress or development (Oberiri and Greg, 2017). Social media networking has positive and negative advantages for users (Suhail and Bargees, 2006). A negative effect of social media usage on the academic performance of the students (Bashir, Mahamood, and Shfique , 2008), and Asdaque, Khan, and Rizn , 2010).

Statement of the Problem

The major problem of the study was, "How may the effects of social media on students' psychosocial behaviour be determined?"

Objectives

1. To study the effect of social media use on psychosocial behaviour of adolescent students.

Hypotheses

1. Social media use has no significant effect on psychosocial behaviour of adolescent students.

METHODOLOGY

Sample and sampling technique

The sample of the study consists of 200 adolescent students in Kopargaon taluka; there are one hundred (100) boys and one hundred (100) girls. Purposive sampling technique was used to select four schools so as to include the day schools that have access to internet usage. Random sampling technique was used in selecting the final respondents that participated in the study.

Tools for data collection

A researcher prepared questionnaire involving of twenty items was industrialized by the researchers. It was a 5-point likert scale from strongly agreed 5 point to strongly disagreed 1 point. The reliability of both instruments yields a reliability co efficient of 0.77 and 0.80 respectively.

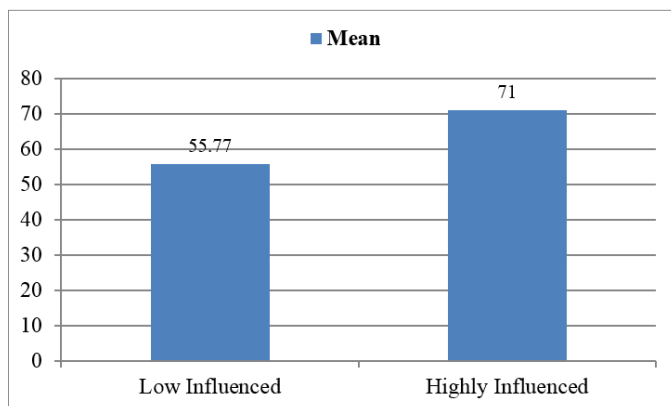
Results

Ho1: Social media use has no significant effect on psychosocial behaviour of adolescent students.

Variable	N	Mean	Df	t-value	P-value	Alpha	Decision
Low Influenced	78	55.77	198	-9.567	0.00	0.05	Significant
Highly Influenced	122	71.00					

*Significant at $p < 0.05$

Table 1: T-test Analysis of Social Media Use on Psychosocial Behaviour of Low Influenced and Highly Influenced Adolescent Students



Graph 1: Effect of Social Media Use on Psychosocial Behaviour Adolescent Students

Results in table 1 indicates that 122 students are highly influenced while 78 are not influenced, the p-value 0.00 is less than the alpha value of 0.05 at level of significance at a degree of freedom of 198, as such the null hypothesis is then rejected. This clearly indicates that psychosocial behaviour of adolescent students is highly influenced by the use of social media sites.

Discussion of Findings

Addiction to social media is harmful to children's health. They frequently check their Facebook and Instagram. This habit of checking social accounts frequently can damage mental health. Addiction to smart phones is causing children to become violent and disrupt their sleep patterns. Many children are using social

media, often hiding it from their parents.

A major reason for being active on social media is that kids are influenced by celebrities and follow their Facebook and Instagram accounts on social media. Children also want to know what their other friends are doing and stay connected with them through social media. Children are often using smart phones to play games. There are many cases of children spending hours on their phones due to their addiction to playing games. These types are more likely to occur when family members are absent. Many times it happens that they keep doing this every 10 to 15 minutes. This habit of seeing these accounts on social media again and again starts to spoil the mental health. In many cases, the risk of Fear of missing out (FOMO) also increases. These children begin to see the world of social media as real life.

Unrestricted use of social media is also affecting human relationships. Overall, the family system has also been stirred up. At least a family of three has a WhatsApp. group. The situation has developed to the point of sending a message saying 'Food has increased'! Face-to-face interactions are decreasing.

CONCLUSION

The research found that the use of social media affects the psychosocial behavior of adolescent students as they spend a lot of time on internet networking and become psychologically addicted, resulting in less attention and negative effects on other activities and aspects of their lives.

This study examined the effect of social media use on psychosocial behavior among adolescent students. Due to the availability of data at a low cost, internet usage has increased and with the advancements in technology, social media networking has become a part of everyday life. Overuse is affecting the activities of teenage students in particular, being detrimental to their academic performance psychosocial behavior.

Limiting social media usage is extremely important. Many teenage students and some intelligent people have been unknowingly involved in the social media web. It is very important to understand and explain to adolescents that social media is not the only option for happiness.

Social media and changing technology are having far-reaching effects on mental health. If we want to keep our symbiosis with technology, we need to be able to balance social media and life. Ultimately, self-control, self-discipline, and communication will help maintain mental health and balance in life. The attractions of the virtual world are many; but everyone needs to consciously accept the responsibility to use technology and social media for progress without succumbing to them.

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